



INTERTRIBAL FRIENDSHIP HOUSE

Newsletter

Fall 2009

A fiscally-sponsored project of Community Initiatives

www.ifhurbanrez.org

EVENTS AT IFH

Ongoing

Tuesday:

Rez Aerobics 6-7 p.m. *NEW

Beading circle (potluck) 7-9 p.m.

Thursday:

Medicine Warriors Dance and All Nations Drum 7-9 p.m.

Board Meetings-3rd Thursdays
6:30 p.m.

Friday:

Talking Circles 7-9 p.m. *NEW

Saturdays:

All Nations Parent Circle 12-2 p.m.

Native Permaculture Gardening
10-2 pm.

Upcoming special events

Halloween Party

Oct. 31st 3-7 p.m.

Harvest Dinner

November 21st, 2-5 p.m.

Annual All Nations/Medicine
Warriors Anniversary Party

Dec. 19th, 1- 11 p.m.

*Traditional feast, round dance, hand drum
contest*

Holiday Party

Dec. 22nd, 6-10 p.m.

Santa Claus, children's gifts, dinner

Check website for updates.

SEE ELECTION DATES [here](#) -->

GREETINGS FROM THE INTERIM EXECUTIVE DIRECTOR, CAROL WAHPEPAH

The last two years IFH has blossomed, regenerated; it is so alive with community. It is an exciting time at the house.

The IFH 54th Birthday Party was a truly inspiring celebration. We had the honor of hearing elders share their stories of relocating to Oakland and their memories of the house. The community enjoyed entertainment by magician Tamaka, Sweet Medicine Singers, and the Medicine Warriors drum and dance group. The Oakland Mayor's office presented a certificate to IFH that described how it is a cultural gem in the city and declared Thursday, September 10, 2009 "Intertribal Friendship House Day." We also received certificates of recognition from Congresswoman Barbara Lee's office and Assemblymember Sandre Swanson. Most of all, it was a time to be together, be proud and to dream of what is possible.

On September 12th the Medicine Warriors/All Nations Pow wow was held at IFH. This was also a wonderful event, with dancing, visiting with old friends, and eating good food.

The staff and volunteers at IFH look forward to the Halloween party on Saturday, October 31st, a Harvest Dinner Saturday, November 21st and the Holiday Party Tuesday, December 22, 2009. We invite you to join us. Bring your family and friends; this is your house.



IFH Board Elections

IMPORTANT MESSAGE FROM THE IFH
ELECTION COMMITTEE

It is time to elect new board members for IFH. This year, we are electing 4 new members to the board to serve two year terms. Two current board members will serve their second 2-year term. We invite everyone to be a member who cares about IFH, but only voting members will be able to participate in the elections and run for the board.

Who are voting members exactly? Per our bylaws: Voting membership shall be open to all Native Americans of the Bay from five counties Area: Solano, Alameda, Contra Costa, San Francisco and Marin. Auxiliary (Non-voting) membership is open to Native Americans living outside the 5 counties. Non-voting membership is also open to friends and allies of Intertribal Friendship House.

Nomination forms have been mailed to all the current addresses of voting members we have. As you send back the forms, please give us your e-mail address and phone number. We are trying to save money on administration so that we spend even more on programs. We will send e-mail information as we continue to communicate between now and the elections. If you don't have e-mail, we will continue to send you notices in the mail or please visit our website www.ifhurbanrez.org.

IFH Board Members Jaynie Weye Hlapi and Mindy Woolbert are Co-chairs of the Election Committee. If you have any questions or need help getting to the meetings, please contact Jaynie by phone at: (510) 836-1955 or email: jaynieweye@gmail.com.

2009 IFH BOARD ELECTION SCHEDULE of EVENTS:

Oct. 20: Nominations must be received, deadline for membership registration.

Thurs. Nov. 12: ANNUAL COMMUNITY MEETING 6-9 p.m. Candidate Forum; dinner will be served.

Thurs. Nov. 19th (7-9 p.m.), Fri. 20th (7-9 p.m.), and Saturday 21st (9 a.m.-12 p.m.): VOTING TIMES

All events held at IFH

INTRODUCING FRIDAY EVENING TALKING CIRCLES AT IFH

New weekly program begins Oct. 23rd, 7-9 p.m.

IFH is pleased to announce that there is a healthy new way to gather on Friday evenings.

Community member Gene Hightower (Choctaw) will lead the Talking Circles. The intention of the Talking Circles is to serve as a support group for community members to express and heal from any kind of stress or pressure.

Though Gene brings 25 years of experience as a licensed psychologist and is a professor of psychology, the Talking Circle is not clinical “therapy.” Rather, it is a space to share emotions and resolve conflicts in a traditional, prayerful way.

Gene approached the IFH Board this fall with the idea and expressed his willingness to provide this opportunity as a community service. Gene’s mentor was Beaver Berry, a respected Choctaw elder who was one of the founders of the Three Rivers Indian Lodge and the Black Wolf Gourd Clan Society. Gene had promised Beaver that he would teach and serve Indian people wherever possible. This Friday evening Talking Circle is in part a realization of that promise.

IFH Board Member Janet King (Lumbee), who holds a Masters degree in Social Work, will serve as a substitute if needed.

The Talking Circle environment is strictly drug and alcohol free, and all discussions are confidential. The Talking Circles will be run on a drop-in basis and you do not need to come every week. Anyone—adult or mature youth—who is interested and has an open attitude is welcome to participate.



IFH 54TH BIRTHDAY PARTY *Thank you for celebrating with us.*

The turnout of several hundred was more than expected, yet somehow the food, cake & ice cream held up. The silkscreen room and newly remodged gift shop in particular inspired a lot of people. The silent auction in the gift shop was successful and encouraged us for how we can grow again. Many old time community members came and reflected, oftentimes emotionally, on how good it was to see the beloved IFH looking so good.



Photos courtesy Cipactzin David Romero, Native Voice TV

*Thank you
to so many,
including:*

Emcee Michael Horse, Silkscreen artist Danny Yazzie, history tellers Gerry Lira, Yvonne Choate, & Bill Marin, Sweet Medicine Singers, magician Tamaka, the many food & silent auction sponsors, and many more, including: Pauline & Jose Medina, Javier Patty, Victoria Reyes, Zoe, Marcus & Jessie Holder, Redhouse Poncho, Janice Wright, Rosanna Sanabria, Vanessa Ellis, Ana Pacheco, Priscilla Nahsonhoya, Tommy Seaton, Armando Vargas, Friendship House Volunteers, Carole Jones, Garcia family (Kyona, Shawna, Marie, Katrina), Jan Gloe, Kazu Haga, Courtney Cummings and daughters, Jonny Cummings, Cindy Blacksmith, and IFH Board.



Our silkscreen room. It's ready for business.

DONATIONS KINDLY REQUESTED...As the holidays approach, contributions are especially appreciated and contribute to the ongoing success of IFH. It helps us reach our dreams. Donations can be sent via mail or can easily be made online at www.ifhurbanrez.org.